

SEEING 2020 TOBACCO-FREE

NO
SMOKE



NO
VAPE

NO
CHEW

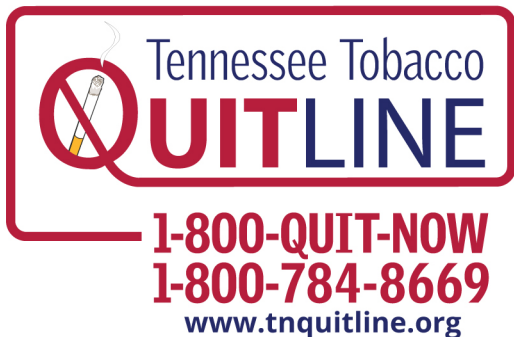


TENNESSEE QUIT WEEK 2020

February 3-7th

Ready to see a tobacco-free future?

Call the Tennessee Tobacco
QuitLine today to get started!



You can also join the program online
at www.tnquitline.org. IT'S FREE!!

It's hard to quit smoking, but studies show people
who use a program are much more successful.

#TNQuitWeek
#TobaccoFree2020

Use these hashtags to
share your quit story
on social media & find
more information about
Quit Week events.



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